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(54) Title: METHOD OF TREATING INSULIN RESISTANCE, ADULT ONSET DIABETES AND METABOLIC SYNDROME X

(57) **Abstract:** A method of treating insulin resistance, adult onset diabetes, and metabolic syndrome X and its related complications, in a mammalian subject is accomplished by intravenously administering to a mammalian subject, a therapeutically effective amount of a liposomal suspension of lipoprotein small unilamellar vesicles (SUVs) comprising predominantly phospholipids. The liposomal suspension is administered over a period of time, whereby in the levels of some or all of blood glucose, insulin, total cholesterol, LDL cholesterol, triglyceride, creatine kinase (CK), creatine kinase-MB (CK-MB), Hb-A_{1c}, lipoprotein (a), SGOT and SGPT fall back within the normal range or are significantly reduced.

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